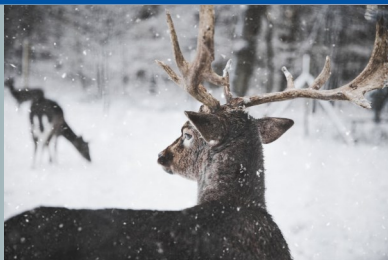




THE CENTER AT PRISCILLA PLACE



Senior Center Serving Adults Age 55+

CENTER HOURS :Monday-Friday 9:00 AM—4:00 PM

23 Priscilla Place • Trumbull, CT 06611

(203) 452-5199

DECEMBER 2019

Director of Human Services

Michele Jakab (203) 452-5144

mjakab@trumbull-ct.gov

Administrative Assistant

Ashley Ryan Grace (203) 452-5199

agrace@trumbull-ct.gov

Senior Center Receptionist

Jeannie Franco (203) 452-5199

jfranco@trumbull-ct.gov

Transportation Coordinator

Bill Hnatuk (203) 452-5137

whnatuk@trumbull-ct.gov

Social Services (203) 452-5198

Jennifer Gillis (203) 452-5133

jgillis@trumbull-ct.gov

Ashley Sylvester (203) 452-5135

asylvester@trumbull-ct.gov

Food Pantry

Karen Seferi (203) 452-5136

kseferi@trumbull-ct.gov

Arts Commission (203) 452-5065

Emily Areson

Wellness Nurse

Victoria Benoit (203) 452-5134

vbenoit@trumbull-ct.gov

First Selectman (203) 452-5005

Vicki Tesoro

SENIOR CITIZEN COMMISSION

Chair-Mary Isaac

Co-Chair-Ron Foligno

Secretary-Marcy Kelly

Clerk - Barbara Crandall

Evelyn Wiesner

Jean DaRold

Michael Ganino

Mark Ryan

***The Center will be closed on Christmas Day, Wednesday, December 25th.
Happy Holidays!***

Trumbull Senior Center's Annual Holiday Party

Monday, December 16th

11:30 AM

Members: \$8.00

Non-members: \$13.00

***Join us for lunch and entertainment
Performance by the Park Street Singers.
To RSVP, please sign up at the front desk***

GET YOUR COOKBOOKS

The Senior Commission is proudly selling a "Trumbull Friends and Neighbors' Recipe Book." to help support the Senior Center.

Recipes were submitted by residents, town employees and senior center members. All art work was submitted by Senior Center Members. Stop by the center or Town Clerk's office to pick one up.

Cost \$10

Feldenkrais® Classes

***Awareness Through Movement
with Cathy Paine M.A. GCFT®***

Thursdays 11:30am-12:30pm

Would you like to be more flexible without stretching, move with greater ease and less effort? Do you limit your ability to move without realizing it? Experience this innovative movement approach! Gentle and deceptively simple, these lessons will challenge you to question your assumptions and long-held beliefs about your own movement abilities. No matter where you are starting from you can improve how you move.

Winter Stillness-Metta Meditation

Thursday, December 12th 4:30 PM—5:30 PM

Metta Meditation is an ancient practice of Vipassana or Insight meditation. Take a breath, slowdown from the hectic holiday schedule. Come to a quiet place to join Deborah Swann and share Meditation in winter's stillness and awaken your heart's inherent nature of compassion. No experience necessary. Chair options can be offered.

To RSVP, please call (203) 452-5199.

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Wellness Talk

Friday, December 6th

11:15 AM

Join our Wellness Nurse, Tori, for a discussion on fall prevention and taking care of yourself during the holiday season. To RSVP, please call (203) 452-5199.

Caregiver Support Group

New Facilitator, Counselor

Monday, December 2nd 2pm

Monday, December 9th 2pm

Join this group and share your feelings in a safe environment among others who are going through the same experiences. You can learn about resources, caregiving strategies and other valuable tools to provide support. To RSVP, please call Cornelia Morris at (203) 452-5193.

Baby Boomers and the Denial of Aging

Open to the Public

Monday, December 9th

10:30 AM

Join Arthur Gottlieb, LCSW, for an informative and helpful discussion about the challenges Baby Boomers may experience while accepting the physical and mental limitations associated with an aging body and mind. For more information and to RSVP, please call (203) 452-5199.

Breakfast and Brain Games

Tuesday, December 10th

9:30 AM

Join Danielle Ramos, CDP, Director of Community Relations for Cambridge Health & Rehabilitation Center, for breakfast and to participate in fun, stimulating brain games. For more information and to RSVP, please call (203) 452-5199.

Stroke Prevention

Wednesday, December 11th

10:30 AM

Join Dr. Lee Forest, from Fairfield Family Physicians, for an educational presentation about identifying symptoms of a stroke and prevention. Dr. Forest is a graduate from New York College of Osteopathic Medicine. To RSVP, please call (203) 452-5199.

Lunch and Learn

Fall Prevention

Wednesday, December 18th

11:00 AM

Join Kate Lynn Campbell, Physical Therapist, from Fox Rehabilitation for a lecture that will provide information pertaining to how to prevent falls with the right exercise prescription. Attendees will learn how balance can be improved with exercise and even immediately to reduce the risk of falls. The program is casual, interactive and includes some movement. To RSVP, please call (203) 452-5199.

Family Conflict Group

NEW FACILITATOR

Thursday, December 12th

Thursday, December 26th

10:00 AM—11:00 AM

Meets on the **2nd & 4th Thursdays** of the month. For any questions, please contact **Cornelia Morris**
cmorris@trumbull-ct.gov

Phone Number:
(203) 452-5193

Have lunch and enjoy the music of DJ Al Song!

He has over 20,000 songs! Request Italian, Irish, Polish, Spanish, whatever you want, he has it!

Al plays the second and fourth Wednesday of each month at lunch time in the dining room.

- **December 18th**

To make a lunch reservation, please call (203) 378-3086 two days in advance.

Suggested donation of \$3.25



Upcoming Events

A Matter of Balance Returns!

Tuesdays: 10:00 AM-12:00 PM
1/28, 2/4, 2/11, 2/18, 2/25, 3/3, 3/17, 3/24, 3/31 (Snow Date)

Fairfield University Nursing Students return to the Center to teach the very informative and educational, A Matter of Balance, Fall Prevention program. This is an 8 week workshop that requires a weekly commitment to join. Lunch will be provided by St. Joseph's Center. For more information and to RSVP, please call (203) 452-5199. Maximum 12 participants. Spots fill up quickly. Make sure to sign up!

PROGRAMS

Knitting & Crochet Group

Every Tuesday

10:00 AM

Please bring your own supplies. Extra yarn is available. Donations welcomed. New members are welcome and the group is eager to learn new concepts, share skills, and make new friends!

Daily Lunch Program

Join us for a hot lunch

Monday-Friday at 11:45 AM.

Reservations required 2 days in advance. Call (203) 378-3086. Suggested donation of \$3.25.

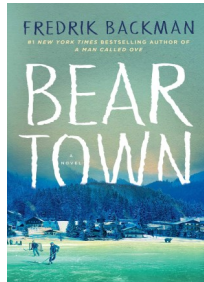
Alternative Menu:

Chef Salad: carrots, cherry tomatoes, spring mix, cucumbers, cheese and low sodium turkey breast.

The Book Club

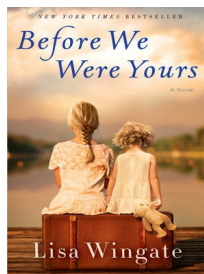
December Book:

"Beartown" by Fredrik Backman
Monday,
December 2nd,
11:00 AM



January Book:

"Before We Were Yours" by Lisa Wingate
Monday,
January 6th,
11:00 AM



Computer Tutor: 1:1 Sessions

Wed. and Thurs. 11:00—12:30

- How to send emails/photos, use the internet, social media, anything!

You must register. (203) 452-5199. If you have a laptop, please bring it in.

Slim Approach Group

Every Thursday, 10:00 AM

Weekly weight management support group. *New members are welcome!*

Lunch and Movie

Friday, December 13th

11:30 AM—2:30 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

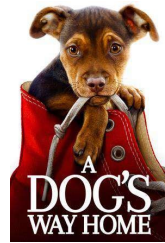
Feature Film:

A Dog's Way Home

A medical student and his dog, Bella, go on a journey to find each other after a long time apart.

Starring: Ashley Judd

To RSVP, please call (203) 452-5199.



Monthly Birthday Party

Friday, December 20th

11:30 AM

Come celebrate our December birthdays! Cake and coffee will be served. This event is sponsored by the Watermark at 3030 Park. To RSVP, please call (203) 452-5199.

Sue's Salon; Licensed

Haircuts, manis & pedicures.

Appointments:

(203) 981-7061

Price List:

Shampoo/set/blow dry: \$15.00

Shampoo/cut: \$18.00

Neck Trim: \$10.00

Color/cut/set: \$50.00 +

Perm/wash/cut/set/blow dry:

\$65.00

Bingo & 50/50 RAFFLE

Friday, December 20th

1:00 PM. 10 Games played

To RSVP, call (203) 452-5199.

Sponsored by the Watermark at 3030 Park and Right at Home. \$1.00 for the first two cards.

All cash prizes.

GAMES

Billiards: Monday-Friday

Let's get a group going!

Poker: Mondays and Thursdays

9:00 AM—3:30 PM

Bring your poker face!

Bocce Ball: Mondays

The Bocce Court is open Monday-Friday from 9am-4pm.

Canasta: Tuesdays

12:30 PM

Cribbage: Tuesdays

11:30 AM

Join the game! Looking for new members.

Dominoes: Tuesdays

12:00 PM

Join a game of fun!

Texas Hold'em:

Wednesdays and Fridays

10:00 AM—3:30 PM

Pinochle:

Wed, Thurs, Fri

12:30 PM

Join a game and/or start your own!

Mah-Jongg:

Fridays at 12:00 PM

New players are welcome to join!



TOPS

Take Off Pounds
Sensibly

Join our new weight loss support group every Tuesday at 9:00 AM. Annual membership fee is \$34.03.

For more information, please contact Joann at 203-218-9878



FITNESS CLASSES

Mondays:

Stretch/Strengthen with Nancy-9:00 AM Stretch, balance, aerobic and strength exercises.

Beginners Line Dance with Shirley-1:00 PM Line dance to different types of music.

Yoga with Jeannie-2:00 PM Focuses on deep breathing, balance, strength and flexibility.

Tuesdays:

Fit for Life Exercise with Marylou-9:15 AM Low-impact aerobic exercise/dance (including a weights segment).

Ballroom Dance with Mike Stavola-10:30 AM Ballroom dance lessons with or without a partner.

Sit and Fit with Becky and Marylou-10:30 AM A gentle, seated exercise class aimed to reduce stress, gain flexibility and strength.

Zumba Lessons with Mike Stavola-11:30 AM Have fun while you dance to energetic music!

Tai Chi Quan for Better Balance with Alma-1:30 PM Focuses on improving balance and reducing stress.



Wednesdays:

Yoga with Jeannie -9:00 AM This exercise focuses on breathing, stretching, balance and flexibility movements.

Jazzercise with Marylou-10:10 AM Combination of low-impact aerobic exercise and dance.

Tap Dance with Shirley-11:00 AM Experience required. Please bring your own tap shoes.

Qigong with Julie & Hedwige-12:30 PM Focuses on lowering stress, improving immunity and strengthening balance.

Thursdays:

Balance, Core and Stretch (Pilates)-with Jeannie-9:00 AM This class focuses on breath, balance, core and total body strength and stretch. Bring a mat.

Strength Training with Nancy-10:15 AM Build strength and muscle while feeling stronger and more flexible. Please bring your own weights.

Feldenkrais with Cathy-11:30 AM Awareness through movement. Learn the importance of proper movement techniques while sitting.

Walking Group with Nurse Tori Thursdays 1pm
Trumbull Mall, 2nd floor in front of Target. Call Tori (203) 452-5134

Fridays:

Dance & Tone with Jeannie-9:00 AM Dance to international music while toning the entire body.

Tai Chi with David-10:15 AM An ancient martial art that helps improve balance and relieve pain.

ART CLASSES

Art classes are offered in quarterly sessions. We recommend you call right away; classes fill up quickly.

Our next session will begin the first week in January 2020. Registration will open on December 2nd for residents and December 9th for non-residents.

Mondays:

Drawing with Christine-10:00 AM

This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcome.

Afternoon Painting with Missy-12:30 PM-2:30PM

Paint in oil or any medium. Learn about composition, color, and value. Bring reference material and supplies. Non-toxic methods will be emphasized.

Thursdays:

Watercolors with Missy Savard-10:00 AM and 12:30 PM
All levels are welcome.

Fridays:

Acrylic/Oil Painting with Christine-10:00 AM

A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcome. Please bring your own supplies and subject matter. A supply list will be provided.

Try
Feldenkrais!
Thursdays
11:30am



The Travel Corner: *Let Your Journey Begin*

We provide transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides are for medical appointments, shopping, and the Senior Center. Service animals and assistive devices are welcome.

Pick up times for the Senior Center bus are from 8:45 am-10:00 am with reservations. Medical ride appointments are on a first come, first serve basis. Monday, Tuesday, and Thursday.

Osborne Homestead Museum and the Italian Pavilion

Thursday, December 12th

Experience an exciting holiday tour of the Osborne Homestead Museum and view all of the beautiful holiday decorations that are on display. Enjoy lunch at the Italian Pavilion in Derby. Admission to the museum is free; however, donations are greatly appreciated. You are responsible for the cost of your lunch. **Transportation fee is \$2.00.**

Maximum of 14 riders.

To RSVP, please call (203) 452-5199 and/or sign up at the front desk.

Bus Schedule:

- Bus will leave the Center by 9:45 AM
- The Osborne Museum 10:30 AM—12:00 PM
- Italian Pavilion from 12:15 PM—2:00 PM
- Bus will return to the Center by 2:30 PM

Grocery Shopping Schedule

- Stern Village: Wednesdays (pick up 10:00 AM-10:30 AM)
- Trumbull Residents: Tuesdays (pick up 9:15 AM-9:45 AM) Shopping is from 10:00 AM -11:00 AM. You will be picked up between 9:00 AM-9:45 AM.

Knights of Columbus Museum and the Greek Olive Restaurant

Thursday, December 19th

Take a trip to the Knights of Columbus Museum in New Haven and enjoy a tour of their new exhibit that is on display, Christmas in Europe. After the tour, enjoy lunch at the Greek Olive Restaurant.

Admission to the museum is free; however, donations are greatly appreciated.

You are responsible for the cost of your lunch.

Transportation fee is \$2.00. Maximum of 14 riders. To RSVP, please call (203) 452-5199 and/or sign up at the front desk.

Bus Schedule:

- Bus will leave the Center by 9:45 AM
- Knights of Columbus Museum 10:30 AM—12:00 PM
- The Greek Olive from 12:30 PM—2:00 PM
- Bus will return to the Center by 2:30 PM

The Shuttle Loop/Trumbull Mall/PriceRite:

Estimated pick up time between 9:00 AM-10:00 AM

Stores within the “Loop” include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's & Target. Hop on and let the driver know where you would like to go!

- **Thursday, December 5th (The Loop)**
- **Thursday, December 26th (Mall/PriceRite)**



Our Awesome Bus Drivers:

Jeanne Horvath

Bill Schiappa

Andy Mastrone

Dispatcher: Bill Hnatuk

To schedule transportation, please call our Transportation Coordinator, Bill, Monday-Thursday at (203) 452-5137

Need a Ride to the Doctor?

We offer rides to and from medical appointments on Mondays, Tuesdays, and Thursdays. We travel to Trumbull, Bridgeport, Stratford, Shelton, and Monroe. All riders must be independent; caregivers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Drivers may not physically assist riders to and from the vehicle. Senior Center membership is not required; however, all riders must fill out a registration form. **Donations are gratefully accepted.**

NEWS FROM THE OUTREACH DEPARTMENT

Cost-of-Living Adjustment (COLA) Information for 2020

Social Security and Supplemental Security Income (SSI) benefits will increase 1.6 percent in 2020. The 1.6 percent cost-of-living adjustment (COLA) will begin in January 2020. Increased payments to SSI beneficiaries will begin on December 31, 2019. (Note: some people receive both Social Security and SSI benefits)

The earnings limit for workers who are younger than "full" retirement age (age 66 for people born in 1943 through 1954) will increase to \$18,240. (We deduct \$1 from benefits for each \$2 earned over \$18,240.)

The earnings limit for people turning 66 in 2020 will increase to \$48,600. (We deduct \$1 from benefits for each \$3 earned over \$48,600 until the month the worker turns age 66.)

There is no limit on earnings for workers who are "full" retirement age or older for the entire year.

<https://www.ssa.gov/cola/>

Connecticut Energy Assistance Program

Social Services is currently accepting applications from Trumbull residents meeting income guidelines for the CEAP. Applicants are required to provide proof of income, entitlements, assets, bank statements, and heating bills. Social Services sends the applications to Action for Bridgeport Community Development (ABCD) for approval. Benefits are available to help offset the heating costs for the 2019-2020 season. The amount of the benefit depends on income, assets, the number of people in the household, and whether a household member is under 6 years, over 60 years, or disabled. Benefits are paid directly to the fuel/utility company.

To obtain more details or schedule an appointment, please call Social Services at (203) 452-5198.

Hardship and Emergency Assistance

The Town of Trumbull offers Hardship and Emergency Assistance to Trumbull Residents in need.

Please call Social Services to inquire about program criteria and eligibility.

Applications are available online at:

<http://www.trumbull-ct.gov/content/10623/10655/11041/default.aspx>
or call **Jennifer Gillis (203) 452-5133,**
Ashley Sylvester (203) 452-5135

Trumbull Senior Citizen Commission Meeting Dates for 2019

Meetings are held at 10:00 AM and are open to the public.

- **Friday, December 20th**
Held at the Senior Center

The Wellness Corner with Nurse Tori

The month of December, where did 2019 go!




If you're like me, there are not enough days or hours left to get everything done before the holidays. I find myself wanting to yell at people or move the other cars out of my way. Taking a deep breath, remembering to hold the door for others and reminding myself that I can't control everything; I can only control myself. Those little things help me lower stress and remember the holiday spirit. Do one nice thing for someone every day and you will feel better about yourself.

Join the **Walking Group** and feel better about yourself, Thursdays at 1pm, second floor in front of Target. Happy Holidays!

Questions, appointments, or you just want to chat... (203) 452-5134
or VBenoit@Trumbull-ct.gov



Trumbull Senior Community Dining Room

Dining Room 203-378-3086		December Menu			1% or Skim milk provided Margarine available
MENU ITEMS SUBJECT TO CHANGE			SUGGESTED DONATION \$3.25		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2	3	4	5	6	
Garde Salad	Creamy Tomato Soup	Mesculin Salad	Minestrone Soup	Three Bean Salad	
Latino Chicken Spanish Rice Roasted Broccoli	Roasted Chicken Macaroni Salad Roasted Carrots	Cheese Ravioli with Tomato Sauce Vegetable Medley Garlic Bread	Meatloaf Mashed Potato Green Beans	BBQ Pork Loin Broccoli Corn Bread	
Brownie	Fresh Fruit	Fruit Cup	Fresh Fruit	Apple Pie	
9	10	11	12	13	
Caesar Salad	Cole Slaw	Chicken Noodle Soup	Garden Salad	Tomato Soup	
Beef Stew Rice Pilaf Peas	Cheeseburger Tater Tots Lettuce and Tomato	Bourbon Meatballs Scalloped Potatoes Corn	Penne ala Vodka Broccoli Galic Bread	Ashian Chicken White Rice Mixed Vegetables	
Fruit Cup	Fresh Fruit	Banana	Iced Chocolate Cake	Fruit Cocktail	
16	17	18	19	20	
Garden Salad	Onion Soup	Romaine Salad	Beet Salad	Holiday Special Pumpkin Soup	
Swedish Meatballs Red Boiling Potatoes Carrots	Roasted Chicken Baked Beans Spinach	Spaghetti and Meatballs Sauteed Broccoli Garlic Bread	Crispy Fish Tater Tots Mixed Vegetables	Orange Glazed Ham Honey Yams String Bean Casserole	
Fruit Cup	Chocolate Pudding	Fresh Fruit	Fruit Cup	Apple Pie ala Mode	
23	24	25	26	27	
Spinach Soup	Caesar Salad	Closed	Minestrone Soup	Garden Salad	
Grilled Pork Chops with Applesauce Baked Potato Beets	Chili with Beans String Beans Corn Bread		Lemon Chicken Breast Red Potatoes Sweet Peas	Chicken Tortellini Cauliflower Garlic Bread	
Fresh Orange	Fruit Cocktail		Fresh Fruit	Apple Sauce	
30	31				
French Onion Soup	Tossed Salad				
Chicken Strips with Peppers and Onions Rice Mixed Vegetables	Stuffed Peppers Roasted Potatoes Broccoli				
Fruit Cup	Banana Pudding				
					

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Stretch 2 10:00 Drawing 10:00 Poker 11:00 Book Club 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga 2:00 Caregiver Support	9:00 TOPS 3 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	9:00 Yoga 4 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong	9:00 Balance & Core 5 9:00 The Loop 10:00 Water Colors 10:00 Slim Approach 10:00 Poker 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle & Water Colors 1:00 Walking Group	9:00 Dance & Tone 6 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:15 Wellness Talk 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 9 10:00 Drawing 10:00 Poker 10:30 Baby Boomers 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga 2:00 Caregiver Support	9:00 TOPS 10 9:15 Fit for Life 9:30 Breakfast/Brain Games 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	9:00 Yoga 11 10:00 Poker 10:10 Jazzercise 10:30 Stroke Prevention 11:00 Computer Tutor 11:00 Tap Dance 11:30 Lunch/Music DJ AL 12:30 Pinochle 12:30 Qigong	9:00 Balance & Core 12 9:45 Osborne Homestead 10:00 Water Colors 10:00 Slim Approach + Poker 10:00 Family Conflict Group 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle & Water Colors 1:00 Walking Group 4:30 Winter Meditation	9:00 Dance & Tone 13 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Lunch and Movie 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game
10:00 Drawing 16 10:00 Poker 11:30 Holiday Party 12:30 Oil Painting Missy <div>Exercise classes are cancelled.</div>	9:00 TOPS 17 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Sit & Fit 10:30 Ballroom Dance 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	9:00 Yoga 18 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 11:00 Fall Prevention 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong	9:00 Balance & Core 19 9:45 Knights of Columbus 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle & Water Colors 1:00 Walking Group	9:00 Dance & Tone 20 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:00 Monthly Birthday 12:00 Mahjong 12:30 Pinochle 1:00 Bingo 1-4 Billiards Game
9:00 Stretch 23 10:00 Drawing 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	9:00 TOPS 24 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit & Fit 11:30 Zumba Lessons 11:30 Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	25 The Center will be closed on Christmas Day. Happy Holidays!	9:00 Balance & Core 26 9:00 Mall/PriceRite Trip 10:00 Water Colors 10:00 Slim Approach 10:00 Poker 10:00 Family Conflict Group 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Water Colors 1:00 Walking Group	9:00 Dance & Tone 27 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:00 Mahjong 12:00 Pinochle 1-4 Billiards Game
9:00 Stretch 30 10:00 Drawing 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	9:00 TOPS 31 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance/Sit + Fit 11:30 Zumba + Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan			December 2019

2nd ANNUAL ART EXPO



Your Donation Matters

Would you like to leave a donation in memory of someone or help fund a particular class or program? Donations are used to support Senior Center programs that enrich the lives of seniors at the center and in the community. All contributions are gratefully accepted.

Please make the check payable to: The Trumbull Senior Center

If you would like to specify what your donation is for, please do so here or on the memo of your check: Your donation will **(please check one)**:

- ☐ Help pay for an extra exercise class this year and arts & crafts class
- ☐ Sponsor cookies and coffee for an event

DAY AND OVERNIGHT TRIPS: *Stop by the Center for detailed flyers*



To view our trip flyers & pricing, go to the Senior Center page on the
Town of Trumbull website at www.trumbull-ct.gov.



E-mail Jeannie Franco with any questions jfranco@trumbull-ct.gov or call (203) 452-5199.



2020 DAY TRIPS

- ♦ “Shen Yun” at the Bushnell-Sat, Feb 8th (Tours of Distinction) \$197pp
- ♦ The 39th Annual Home & Garden Show at Mohegan Sun-Sat, Feb 22nd (Getaway Tours) \$59pp
- ♦ Newport Mansions in Newport, RI– Mon, April 13th (Tours of Distinction) \$122pp
- ♦ Wicked Tulips in Rhode Island-Thurs, April 23rd (Tours of Distinction) \$160pp
- ♦ “All Shook Up” at Westchester Broadway Theatre-Thurs, April 23rd (Getaway Tours) \$119pp
- ♦ “Cinderella” at Westchester Broadway Theatre-Thurs, June 25th (Getaway Tours) \$119pp
- ♦ Webster Lake in Webster MA– Tues, July 7th (Tours of Distinction) \$108pp
- ♦ Guggenheim Museum in New York City- Mon, Aug 10th (Tours of Distinction) \$129pp
- ♦ “9 to 5” at Westchester Broadway Theatre-Thurs, Aug 27th (Getaway Tours) \$119pp
- ♦ Hancock Shaker Village in Pittsfield, MA– Thurs, Sept 3rd (Tours of Distinction) \$134pp
- ♦ “Kinky Boots” at Westchester Broadway Theatre-Thurs, Nov 5th (Getaway Tours) \$119pp

2020 OVERNIGHT TRIPS

- ♦ Long Island and the Hamptons—June 3rd-4th (2 days)-(Tours of Distinction)
- ♦ Queen Esther at the Sight and Sound Theater—June 9th-11th (3 days)-(Tours of Distinction)
- ♦ Pacific Northwest and California (Featuring Washington, Oregon, and California)—June 14th-21st (8 days)-(Collette Tours)
- ♦ Ocean City Getaway in Maryland– October 5th– 8th (4 days)- (Tours of Distinction)
- ♦ Imperial Cities (Featuring Prague, Vienna and Budapest)—October 5th-15th (11 days)-(Collette Tours)

2021 OVERNIGHT TRIPS

- ♦ Iceland’s Magical Northern Lights—March 1st-7th, 2021 (7 days)-(Collette Tours)

(Membership/Residency is not required.)

Must be 18 and over to participate.

